



Reinvention: The Other Side of Uncertainty

*Module 2. From Uncertainty to Success:
The Tools Reinvention*






Reinvention: The Other Side of Uncertainty


Perseverance and persistence.
When you are dropped into an environment that
challenges your stability and reality, there is no
quitting. The only forces you can count on are
your spirit, character and experience.
That's the great lesson that earns your place
in the world.

Sebastian Copeland
Author, Explorer, Photographer



Managing Uncertainty

- Recall past adversity you mastered
- Take an inventory of your skills, knowledge, abilities and values
- What qualities have contributed to your success with CDCR?
 - Conflict Management and Resolution
 - Team Work
 - Problem Solving
 - Operational Skills
 - What else?



Reinvention: Critical in Managing Uncertainty

- Reinvention:
 - To make or redo a situation, problem or challenge completely
 - Reframing an existing situation with a fresh perspective
 - Demonstrating creativity in not only overcoming adversity but creating an improved outcome

Components of Reinvention

- Resilience: *The ability to bounce forward from adversity or unwanted change*
- Transitions: *A period of awareness that existing situations are shifting and something new awaits*
- Reinvention: *Recognizing that our happiness and success hinges on adapting, learning new skills, and seeking new opportunities*
- Perseverance and Persistence: *An unshakeable belief that you will prevail and that you have the stamina to make change happen.*

Perseverance and Persistence

- Unwanted change can be paralyzing
- We liked the way things were, or maybe we were used to them
- Change and transition mean a shifting from comfort to being back on a learning curve
- Change can produce fear and procrastination
- Perseverance provides us the strength to move forward afraid or not

What's Next: Preparation

- Maintain and utilize attitudes of resilience- learn from the past and create a picture of what you want the future to look like.
- Accept change as a natural condition of living.
- There is no finish line. Transitions are a critical element of growth and development.
- Reinvent yourself. Develop new skills, interests, hobbies, networking groups and friends.

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NowNext

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Looking Ahead to Module 3

The Truth of Reinvention: Turning Challenges into Opportunities

- Preparation, Perseverance and Persistence
- The Tools of Reinvention
- Actions of Empowerment and Reinvention
- The Challenges and Opportunities of Transitions

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Remember Your EAP

Call the EAP

866-EAP-4SOC

(866) 327-4762

TDD for persons with hearing loss or deafness **1-800-327-0801**

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Translation service in 140 languages

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Resources

- CDCR Office of Employee Wellness
855-897-9822
- Your local Peer Support Team
- CDCR Layoff Resources website:
<http://www.cdcr.ca.gov/layoffresources/Index.html>
- EAP
- Other

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